

Everyone feels down or anxious sometimes.

Talk to your doctor or health care provider if these feelings last more than a few weeks or interfere with your daily life:

- Sad, empty, or hopeless feelings
- A lack of energy
- Trouble concentrating
- Difficulty sleeping
- Little interest in things you used to enjoy
- Thoughts of ending your life



Medicare can help.

Medicare helps cover inpatient and outpatient mental health services. Over the next few years, you'll pay a smaller percent of the Medicare-approved amount for outpatient mental health treatment:

In this year	You pay
2011	45%
2012	40%
2013	35%
2014	20%

For a free copy of "Medicare and Your Mental Health Benefits," visit www.medicare.gov/Publications or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



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